

DATASET		VARIABLE	DESCRIPTION	DATA TYPE		VALUE CODES
MSLT	sid		Unique Subject Identifier	character		
MSLT	Sleep Diagnosis		primary sleep diagnoses from accumulated data (overnight studies and MSLT)	numeric	0: normal; 1: obstructive sleep apnea; 2: narcolepsy	
MSLT	MSLT		summary of the multiple sleep latency studies	character		None
MSLT	Mean Sleep Latency		mean sleep latency (minutes) from the 4 nap studies	numeric		None
MSLT	alpha noted		whether or not alpha intrusion was noted in review of 30-second segments	character		None
MSLT	psg 2 Total Sleep Time		total time spent in sleep between lights out and lights on at night 2	numeric		None
MSLT	psg 2 Sleep Period Time (SPT)		time interval from sleep onset to final awake onset at night 2	numeric		None
MSLT	psg 2 Latency to Sleep Onset		time in minutes from lights out to the first epoch scored as sleep (usually S1) at night 2	numeric		None
MSLT	psg 2 REM Latency from Sleep Onset		time from the first epoch scored as sleep to the first epoch of REM sleep at night 2	numeric		None
MSLT	psg 2 Sleep Efficiency		percentage of total in bed time (lights out to lights on) actually spent in sleep at night 2	numeric		None
MSLT	psg 2 Wake after Sleep Onset (WASO)		the duration of periods of wakefulness after sleep onset (before final awake onset) at night 2	numeric		None
MSLT	psg 2 Wake % of Sleep Period		the percentage of time between lights out and lights on that was not scored as a sleep epoch at night 2	numeric		None
MSLT	psg 2 Arousals Total Number		the number of arousals at night 2	numeric		None
MSLT	psg 2 Arousals Total Index		the average number of arousals per hour at night 2	numeric		None
MSLT	psg 2 S1 % of TST		percentage of total sleep time spent in stage 1 sleep at night 2	numeric		None

MSLT	psg 2 S2 % of TST	percentage of total sleep time spent in stage 2 sleep at night 2	numeric	None
MSLT	psg 2 S3/S4 % of TST	percentage of total sleep time spent in stage 3 or 4 sleep at night 2	numeric	None
MSLT	psg 2 REM % of TST	percentage of total sleep time spent in REM at night 2	numeric	None
MSLT	psg 2 Apnea +Hyponea (Total)	number of events of sleep disordered breathing at night 2	numeric	None
MSLT	psg 2 Hyponea	number of periods of shallow and slow breathing or non obstructive breathing that does not bring in enough oxygen at night 2	numeric	None
MSLT	psg 2 Obstructive Apnea	number of transient cessation of respiration that were caused mechanically at night 2	numeric	None
MSLT	psg 2 Central Apnea	number of transient cessation of respiration that were caused centrally at night 2	numeric	None
MSLT	psg 2 Mixed Apnea	periods of apnea with both components at night 2	numeric	None
MSLT	psg 2 Snore Index	number of snores per hour of sleep	numeric	None
MSLT	psg 2 RDI	respiratory disturbance index at night 2	numeric	None
MSLT	psg 2 FLI	Flow Limitation Index at night 2	numeric	None
MSLT	psg 2 RMI	respiratory mechanics index at night 2	numeric	None
MSLT	psg 2 PBI	paradoxical breathing index at night 2	numeric	None
MSLT	psg 2 Lm Index	index of periodic leg movement at night 2	numeric	None
MSLT	psg 1 Total Sleep Time	total time spent in sleep between lights out and lights on at night 1	numeric	None
MSLT	psg 1 Sleep Period Time (SPT)	time interval from sleep onset to final awake onset at night 1	numeric	None
MSLT	psg 1 Latency to Sleep Onset	time in minutes from lights out to the first epoch scored as sleep (usually S1) at night 1	numeric	None
MSLT	psg 1 REM Latency from Sleep	time from the first epoch scored as sleep to the	numeric	None

MSLT	psg 1 Sleep Efficiency	percentage of total in bed time (lights out to lights on) actually spent in sleep at night 1	numeric	None
MSLT	psg 1 Wake after Sleep Onset (WASO)	the duration of periods of wakefulness after sleep onset (before final awake onset) at night 1	numeric	None
MSLT	psg 1 Wake % of Sleep Period	the percentage of time between lights out and lights on that was not scored as a sleep epoch at night 1	numeric	None
MSLT	psg 1 Arousals Total Number	the number of arousals at night 1	numeric	None
MSLT	psg 1 Arousals Total Index	the average number of arousals per hour at night 1	numeric	None
MSLT	psg 1 S1 % of TST	percentage of total sleep time spent in stage 1 sleep at night 1	numeric	None
MSLT	psg 1 S2 % of TST	percentage of total sleep time spent in stage 2 sleep at night 1	numeric	None
MSLT	psg 1 S3/S4 % of TST	percentage of total sleep time spent in stage 3 or 4 sleep at night 1	numeric	None
MSLT	psg 1 REM % of TST	percentage of total sleep time spent in REM at night 1	numeric	None
MSLT	psg 1 Apnea + Hypnea (Total)	number of events of sleep disordered breathing at night 1	numeric	None
MSLT	psg 1 hypnea	number of periods of shallow and slow breathing at night 1	numeric	None
MSLT	psg 1 Obstructive Apnea	number of transient cessation of respiration that were caused mechanically at night 1	numeric	None
MSLT	psg 1 Central Apnea	number of transient cessation of respiration that were not caused mechanically at night 1	numeric	None
MSLT	psg 1 Mixed Apnea	periods of apnea with both components at night 1	numeric	None
MSLT	psg 1 Lm Index	index of periodic leg movement at night 1	numeric	None